

The golf training aid 10 includes a shoulder position indicator having an indicator arm 12 in the form of an elongate projecting arm. The indicator arm is secured on and projects outwardly and forwardly from a support member in the form of a shoulder pad. The shoulder position indicator includes indicator members in the form of brightly colored spheres 20,21 which increase the visual awareness with regard to the position of the indicator arm during the execution of the golf swing and especially during the takeaway in the back swing. Accordingly, the golf training aid enables either the golfer or a golf teacher to obtain feedback in relation to the position of the shoulders during the golf swing.